

Martial Arts

KARATE (Ages 5-Adult)

A family activity or study opportunity for any individual; taught on an individual basis to build self-confidence and teach stress management, composure and self defense through the art of Sanchin-Ryu. Instructor: Sanchsin Systems. 10 sessions.

JR. KARATE (Ages 5-13)

Activity #312775A	\$20/Res; \$25/Non-Res
4/7-6/9 Tue 6-7 pm Foster	
Activity #412775A	\$20/Res; \$25/Non-Res
7/7-9/8 Tue 6-7 pm Foster	
Activity #313113A	\$20/Res; \$25/Non-Res
4/15-6/17 Wed 6-7 pm Gier	
Activity #413113A	\$20/Res; \$25/Non-Res
6/24-8/26 Wed 6-7 pm Gier	
Activity #314110D	\$20/Res; \$25/Non-Res
4/2-6/4 Thu 6-7 pm Letts	
Activity #414110D	\$20/Res; \$25/Non-Res
7/9-9/10 Thu 6-7 pm Letts	

INDIVIDUAL KARATE (Ages 5-17)

Activity #312777A	\$35/Res; \$40/Non-Res
4/7-6/9 Tue 7-8:45 pm Foster	
Activity #412777A	\$35/Res; \$40/Non-Res
7/7-9/8 Tue 7-8:45 pm Foster	
Activity #313115A	\$35/Res; \$40/Non-Res
4/15-6/17 Wed 6-7 pm Gier	
Activity #413115A	\$35/Res; \$40/Non-Res
6/24-8/26 Wed 6-7 pm Gier	
Activity #314110C	\$35/Res; \$40/Non-Res
4/2-6/4 Thu 7-8:45 pm Letts	
Activity #414110C	\$35/Res; \$40/Non-Res
7/9-9/10 Thu 7-8:45 pm Letts	

INDIVIDUAL KARATE (Adults)

Activity #312777B	\$35/Res; \$53/Non-Res
4/7-6/9 Tue 7-8:45 pm Foster	
Activity #412777B	\$35/Res; \$53/Non-Res
7/7-9/8 Tue 7-8:45 pm Foster	
Activity #313115B (Adults)	\$35/Res; \$53/Non-Res
4/15-6/17 Wed 7-8:45 pm Gier	
Activity #413115B (Adults)	\$35/Res; \$53/Non-Res
6/24-8/26 Wed 7-8:45 pm Gier	
Activity #314110B	\$35/Res; \$53/Non-Res
4/2-6/4 Thu 7-8:45 pm Letts	
Activity #414110B	\$35/Res; \$53/Non-Res
7/9-9/10 Thu 7-8:45 pm Letts	

KARATE FOR THE FAMILY (All Ages - 5 & under must be accompanied by a parent/guardian)

Activity #312776A	Per family: \$70/Res; \$75/Non-Res
4/7-6/9 Tue 7-8:45 pm Foster	
Activity #412776A	Per family: \$70/Res; \$75/Non-Res
7/7-9/8 Tue 7-8:45 pm Foster	
Activity #313114A	Per family: \$70/Res; \$75/Non-Res
4/15-6/17 Wed 7-8:45 pm Gier	
Activity #413114A	Per family: \$70/Res; \$75/Non-Res
6/24-8/26 Wed 7-8:45 pm Gier	
Activity #314110A	Per family: \$70/Res; \$75/Non-Res
4/2-6/4 Thu 7-8:45 pm Letts	
Activity #414110A	Per family: \$70/Res; \$75/Non-Res
7/9-9/10 Thu 7-8:45 pm Letts	

TAEKWONDO (Ages 7-17)

Enjoy the benefits of the Korean form of martial arts and traditional values. Learn basic blocking, kicking, and punching techniques along with appropriate forms and the responsibilities that apply to these techniques. Organization membership and uniforms are optional but not included in class fee. Instructor: Sr. Master Sidney Singer. 10 sessions. No class 4/30, 5/28, 6/25, 7/30, 8/20. ** 50% discount on fees for each additional immediate family member (sibling) **

Beginning & white belt students

Activity # 312779A	\$25/Res; \$30/Non-Res
4/13-5/18 Mon/Thu 6:45-7:45 pm	

Advance students (yellow belt thru black belt)

Activity # 312779B	\$50/Res; \$55/Non-Res
4/13-5/18 Mon/Thu 6:45-8:45 pm	

Beginning & white belt students

Activity # 312779C	\$25/Res; \$30/Non-Res
5/21-6/30 Tue/Thu 6:45-7:45 pm	

Advance students (yellow belt thru black belt)

Activity # 312779D	\$50/Res; \$55/Non-Res
5/21-6/30 Tue/Thu 6:45-8:45 pm	

Beginning & white belt students

Activity # 412779A	\$25/Res; \$30/Non-Res
7/2-8/6 Tue /Thu 6:45-7:45 pm	

Advance students (yellow belt thru black belt)

Activity # 412779B	\$50/Res; \$55/Non-Res
7/2-8/6 Tue /Thu 6:45-8:45 pm	

Beginning & white belt students

Activity # 412779C	\$25/Res; \$30/Non-Res
8/11-9/15 Tue /Thu 6:45-7:45 pm	

Advance students (yellow belt thru black belt)

Activity # 412779D	\$50/Res; \$55/Non-Res
8/11-9/15 Tue /Thu 6:45-8:45 pm	



Activities are subject to change due to circumstances beyond our control. Please contact the Parks and Recreation Department at 483-4277 or check the website for updates at <http://www.lansingmi.gov/parks>